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ABSTRACT

This reference book, developed to present options for the prevention and treatment of child sexual abuse, contains descriptions of creative approaches used to address the problem of child sexual abuse. Some of the programs described offer active and entertaining interventions, such as puppet shows, coloring books, stories, teddy bears, and theatrical productions. Other descriptions concern resources offering straight-forward guidance for professionals or parents on how to prevent child sexual abuse. A few of the resources described fit neither of these two categories but do offer tools for adding to the existing ways of dealng with child sexual abuse. Some of the entries describe the tone, treatment, and approach used, while others provide basic information to help readers to decide whether a program will enhance education initiatives within their community. The 15 programs described are: (1) "Bubbylonian Encounter"--a play; (2) Red Flag, Green Flag People (videotape and coloring book); (3) Child Sexual Abuse Prevention (curriculum); (4) Sexual Abuse Prevention Program; (5) Educating Children about Sexual Abuse; (6) OK/NOT OK Touches (teddy bears, videotape); (7) Preventing Sexual Abuse of Persons with Disabilities; (8) He Told Me Not to Tell; (9) Mandy and Andy Talk about Touching; (10) Preventing Sexual Abuse (Curriculum); (11) Cat and Mouse; (12) Illusion Theater; (13) The Child Assault Prevention Project; (14) Sexual Abuse and Self Protection; and (15) People against Sexual Abuse. A list of 35 names and addresses of other important resources for programs and materials is provided. (NB)

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Preventing Sexual Abuse

Reference Sheet 8

A special issue
covering child
sexual abuse
prevention programs

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Compiled and edited by Patti O. Britton and Michael McGee.

Introduction

The estimated incidence of child sexual abuse is staggering:

- o One of every four girls and one of every seven boys will be sexually abused by age 18
- o 200,000 to 500,000 children are estimated to be sexually abused each year
- o 10% of child sexual assault victims are less than five years old
- o 80-90% of offenders are family members or close to the family

(Source: Safety and Fitness Exchange, 541 Avenue of the Americas, New York, NY 10011, 1983. People Against Sexual Abuse, G.P.O. Box 2832, Brooklyn, New York 11202, 1985.)

This reference booklet is meant to present a hopeful set of options for both the prevention and treatment of child sexual abuse. Until this recent era of disclosure, sexual abuse has been closeted in the realm of family or personal secrecy. In the case of sexual abuse within families, the very characteristics that describe traditional warm and supportive families may also characterize families prone to sexual abuse. Because of the intense emphasis on the negative aspects of child sexual abuse, we must always be careful to remind ourselves and our audiences of the positive side of human touch -- that needed, natural and beautiful part of being human. We are now better able to recognize and support children in need of information and services -- both before and after an incident of abuse. With increased public awareness of this disturbing problem, it must be our goal to advocate for ongoing educational prevention programs.

As we learn to effectively prevent sexual abuse, we strengthen the possibility of a sexually healthy future for all Americans. This booklet presents descriptions of many creative approaches used to address the problem of child sexual abuse. Many projects are active and entertaining -- puppet shows, coloring books, stories, teddy bears, and theatrical productions. Others are resources which offer straight-forward guidance for professionals or parents on how to meet the challenges of preventing child sexual abuse. Still others are simply wonderful tools for adding to the existing ways we know to treat this delicate and pressing issue that affects so many families today.

Some of these entries describe the tone, treatment and approach used. Others provide basic information for you to determine whether a program will enhance education initiatives within your community. None of these is the definitive response in how to prevent or intervene in child sexual abuse. Rather, these are meant to display the energy, dedication and talent that has been in this critical area. In addition, the length of each of these entries varies, depending on the type and depth of information on hand. This is in no way a reflection of the scope or worth of the projects. We hope those of you who are NOT listed will take the time to let us know about your work. Send information about your program or publication to PPFA Education Department, 810 Seventh Avenue, New York, NY 10019. In this way, we will continue to serve the hundreds of professionals and individuals who contact us for the best approaches for their agency, community or program.

Special note: Some of the entries in this booklet can also be found in a superb compendium of audiovisual and print resources on child sexual abuse presented in the SIECUS Report, September 1984. This report -- which also includes a broad overview of this topic, self-protection programs for the developmentally disabled, and early sexual victimization -- is necessary item for your resource collection. To obtain a copy of the full report, send $5 to SIECUS, 80 Fifth Avenue, Suite 801, New York, New York 10011, or phone Leigh Hallingby at (212) 673-3850.

* * * * *

Ten major points included in a model child sexual abuse program:

Children should know:

- o Your body belongs to you; you can decide who touches you.
- o You have the right to say "No".
- o If someone touches you in a way that you do not like, tell someone you trust.
- o Touching is important. We all want and need touch. But there are different kinds of touch: OK; NOT OK: confusing or uh-oh.

Professionals should know:

- o Discussion of bad touch should always be balanced with good touch -- stress positives.
- o Children must be empowered to recognize and act on their feelings.
- o Children can handle balanced and clear information if adults can handle giving it to them.
- o Children can learn effective prevention skills that reduce risk.
- o Sexual assault victims need assurance that it is not their fault, that they are not alone and there are people who can and are able to help.
- o Getting help is important. It is helpful to have readily available names and numbers of organizations in the community for parents and their children. The best protection is being informed and prepared.

PROGRAMS

BUBBYLONIAN ENCOUNTER, a play for children about child sexual abuse. This is a lively, sensitive and humorous fantasy about good and bad touches designed to entertain and enlighten youngsters in a non-threatening manner. Planned Parenthood of Central Pennsylvania, 728 S. Beaver Street, York, PA 17403 (717) 845-9681. Joe Fay, Education Director.

This project is being produced for area school districts through a three-year grant from the Junior League of York, Pennsylvania. The 40-minute play was debuted locally in 1984 with The Children's Repertory Company, a professional theater troupe from the Philadelphia area. Its second showing was with the the York Little Theater in a 5-day program for 2nd and 3rd graders at the Dallastown Area School District. It has been made a part of the second grade curriculum.

The play is preceded by classroom instruction from the children's regular teachers, who are specially prepared to handle this subject. The teachers have planned a "red flag, green flag" series of lessons before and after the play to enhance its impact. Bub, the title character, makes elementary school-age children aware that they have a right to say "NO" to an adult who touches them in a way they know is wrong.

The curriculum of the 5-day session for 2nd and 3rd graders is comprised of five 40-minute sessions and pre and post-tests to assist in program evaluation. Follow-up sessions with the children in their individual classrooms include discussions, activities, role playing and viewing a relevant film. Post-test scores reveal an overwhelming increase in children's knowledge about the subject: 99.1% learned they can say NO to an adult about unwanted touch; 98.8% discovered that sexual abuse is never the fault of the victim; and most important, 97.6% of the students knew what to do if sexual abuse happened to them. The goals of the Bubbylonian Encounter program are:

- To promote the concepts that sexual abuse is not the child's fault and that they have the right to tell someone
- To point out in a positive way that the right kind of touches are good and enjoyable

Materials include: Play; curriculum guide; "Bubbylonian Encounter" Education Program.

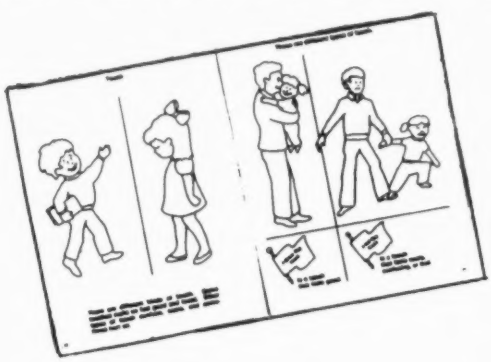
* * * * *

RED FLAG, GREEN FLAG PEOPLE, a program for preventing child sexual abuse using videotape and coloring book. (Revised 1983) Rape and Abuse Crisis Cetер, P.O. Box 1655, Fargo, ND 58107 (701) 293-7273.

This is a program designed to teach children and parents techniques in preventing and identifying child sexual abuse. Its target is social service, legal and medical professionals working with abused children, elementary classroom teachers and parents at home with their children. The main group it reaches is 3rd and 4th graders, although it can be adapted to children of all ages. The idea was inspired by the work of the Rape and Abuse Crisis Center with child victims, the TOUCH Program in Hennepin County, Minnesota.

The videotape outlines the dynamics of child sexual assault and describes methods for developing parent-teacher meetings in the community and for using the coloring book. A one-day in-service training for professionals is also offered.

Materials used: Videotape, coloring book, program guide



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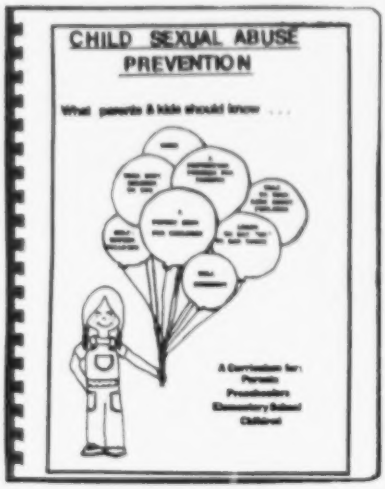
CHILD SEXUAL ABUSE PREVENTION, WHAT PARENTS AND KIDS SHOULD KNOW, a curriculum for parents, preschoolers, elementary school children. Planned Parenthood of Buffalo Inc., 210 Franklin Street, Buffalo, NY 14202.

This curriculum is designed for use by professional educators. Presenters for parents should be experienced in handling parents and possess an in-depth knowledge of sexual abuse. The curriculum is not intended to treat victims of sexual abuse but stresses a thorough knowledge of referral sources and procedures.

Content:

- o An overview: including definition, statistics, description of offenders, myths, stages of assault, behavioral clues, techniques for encouraging disclosure, prevention strategies
- o Parent program: three basic beliefs are that parents must know facts and dispel myths; parents must enhance children's self-esteem and methods of strengthening their own resistance to child sexual abuse; and parents must encourage their children to express and act on their feelings, including uncomfortable ones. The two-part segment has activities (exercises), both cognitive and affective, with a conclusion in prevention strategy development. Activities range from praise, complimenting safety, communication skills, children's questions, sexual awarenes, feelings and touch.
- o Preschoolers' program: developed for nursery school children and is short, involving active participation. The first learning activity is a puppet skit and two songs, all involving the children. The animal puppets, Rocky Raccoon and Molly Monkey, interact continually with the children, reinforcing themes.
- o Elementary level: strives to teach children the kinds of situations that could lead to sexual abuse and how to avoid them, and to construct a list of resource people they can tell if they should have a "touching problem." This includes optional audiovisuals and "what if" exercises.



The curriculum contains a reproducible flyer, bibliography, referral list of child sexual abuse prevention agencies, and resource information, including where to obtain the animal puppets.

Materials used: Curriculum, audio cassette (2 songs)

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SEXUAL ABUSE PREVENTION PROGRAM (SAPP), featuring the presentation of child sexual abuse concepts using various media. Planned Parenthood of Miami Valley, Inc., 224 N. Wilkinson Street, Dayton, OH 45402 (513) 226-0780. Linda L. Kramer, Director of Education and Training.

Designed for grades three and six, educational media are used for different age and sophistication levels, including these presentations:

- o Puppet shows, starring 18" soft sculpture fabric puppets (Jack and Nancy) to teach children the meaning of sexual abuse through play characters and imagined solutions (3rd grade)
- o Mimed mock situations to engage the children in problem-solving by acting out possible solutions (6th grade)
- o Coloring book to reinforce basic information post-presentation (3rd)
- o Activity workbook to teach decision-making and assertiveness through use of card games and story completion (6th)
- o Use of videotapes, and film(strip)s

Other program features include:

- o Structured teacher training about sexual abuse, developing an active network of contact persons in both the schools and the community agencies
- o Parent meetings to provide information about SAPP and to assist them in answering questions about sexual abuse from their children
- o Bibliography of printed and audiovisual materials about sexual abuse
- o Manual (including AVs) for prevention education to be used by educators

This project is funded by a state grant. Its four components include (1) liaison training; (2) educator training, (3) parents workshop and (4) classroom presentations. The first component deals with reporting of incidents; the second, identification of indicators of abuse; the third, overview of educational materials; and the fourth, viewing of actual materials. The public response thus far has been overwhelmingly positive. This program is now also available in area pre-schools, using large color flipcharts with story guides as the primary vehicle for teaching. The program is also expanding to other schools and organizations.

* * * * *

"EDUCATING CHILDREN ABOUT SEXUAL ABUSE", "TREATING THE SEXUALLY ABUSIVE FAMILY", AND "SEMINAR ON FAMILY SEXUALITY," three seminars on the annual training calendar provide a complete overview of prevention and intervention. Planned Parenthood of Northern New England, 23 Mansfield Avenue, Burlington, VT 05401 (802) 862-9637. For dates and location contact Sal Wiggin, Director of Education and Training and Nancy Craig-Nahmias, Coordinator of Professional Training Services.

The first and second seminars provide practical information for the educator or practitioner. The third clarifies differences between helpful family interaction and exploitation.

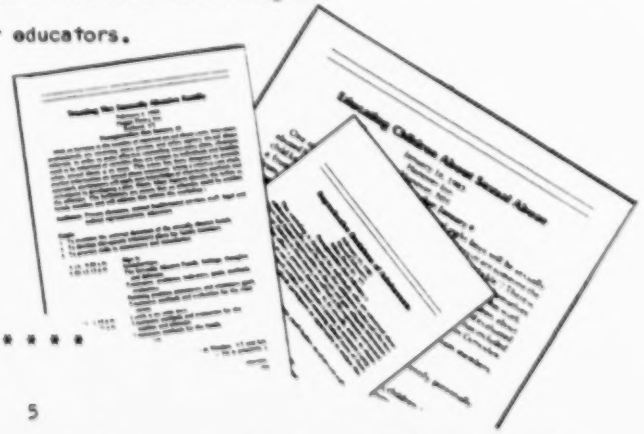
Fees for workshops are $30: a foundation grant has helped to reduce the original cost for the agency. For those who do not qualify for the subsidized fee, the cost is $100. All training events are appropriate for educational and medical recertification credit approval. Events are one day only, 9:30 a.m. to 4 p.m., and are often taught by outside experts. The workshops are held at numerous locations in Vermont and New Hampshire. Resources are always available for review.

Goals of the first workshop are to enable participants to: personally define sexual abuse and be able to identify potentially harmful situations; practice skills in talking about sexual abuse; review national and local resources for educating children and young adults about personal safety and healthy relationships; and generate possible outlines for county programs. The program includes correcting myths, sharing prevention education models, surveying support systems, and asserting boundaries. Its audience includes counselors, school nurses, response team members, community leaders and librarians.

The second workshop uses a creative case study approach, and its goals are to: examine internal dynamics of the sexually abusive family; review therapeutic treatment plans for family members; and practice skills in assessment and remediation. The program includes forming problem statements and treatment goals, treatment methods and evaluation for the child victim and family. Its audience is comprised of private clinicians, mental health/social services staff, legal and judicial representatives, and educators.

The third workshop is designed to provide the stimulus for parents and professionals to examine their own family traditions and assess their feelings about a variety of controversial topics (e.g. public and home nudity, parent-child massage and touching, closed versus open bedroom); expand awareness of healthy sexuality and interpersonal relationships; acknowledge personal comfort levels with family sexuality examples through pre-workshop readings, small group exercises and discussion; clarify exploitation. The program includes environmental influences on interpersonal relationships in families, such as cultural values, media and advertising. There has also been training specific to incest prevention and intervention strategies.

Materials include: Training Guide and newsletter for educators.



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OK/NOT OK TOUCHES, a sexual abuse prevention education program featuring Ori and Kori, two teddy bears in swimsuits, who are used to introduce the topic of in/appropriate touching to children and their parents. Planned Parenthood of Mid Central Illinois, 201 E. Grove Street, 2nd floor, Bloomington, IL 61701 (309) 827-4368. Susan Strand, Director of Education.

This program serves children ages 3-8 (15 minutes), 8-12 (20 minutes), parents (90 minutes), and professionals (two hours plus.) There is a limit of 50 children per session. Fees range from $1-5 for materials in community programs; in-school programs are $3.50 per student; and consulting is $100 per day plus materials and expenses. Funding sources are United Way, Kiwanis and private donations. Sessions are held at the sponsoring organizations, such as school libraries and child care centers. Recruitment is done with PSAs, newspaper ads and press releases.

The program is also available for the hearing impaired.

The content of the program includes:

- o Demonstration of OK and NOT OK touches approach for small groups of children ages 4-14
- o Facts about the sexual abuse of children
- o Techniques and suggestions for parents and others to help them talk to children of any age about sexuality and sexual abuse

The OK/NOT OK Touches program was originally tested with sixth grade classes. Now the program is in several counties and is expanding to private schools and day care centers. Components include in-service training for teachers with information on handling disclosure about sexual abuse. Principals are involved in the full process. Parents are sent a flyer for the pre-workshop before the program is implemented in the schools. The OK Bears and facilitators visit classrooms and discusss appropriate touching with small groups of 8-10 children for about 15-30 minutes depending on the age level. A videotape of a children's group is available. After the Bears, a parent guide, is used to help parents maintain open communication on this topic. The coloring book is used with the younger children.

Materials used: OK Bears coloring book; bibliographies; videotape; After the Bears parent guide

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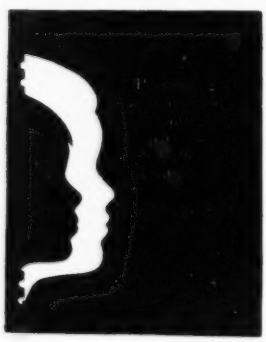
PREVENTING SEXUAL ABUSE OF PERSONS WITH DISABILITIES, a curriculum for hearing impaired, physically disabled, blind and mentally retarded students. Minnesota Program for Victims of Sexual Assault, a Project of the Department of Corrections, 430 Metro Square Building, St. Paul, MN 55101 (612) 296-7084. Bonnie O'Day, Sexual Abuse Education for Disabled Adolescents Project Coordinator.

The goals of the program are:



- o To adapt existing sexual abuse prevention materials for blind, physically disabled, hearing impaired or mentally disabled adolescents, their parents, educators and other service providers
- o To develop and pilot a model educational program that provides an awareness of sexual assault for students, parents and educators, and to acquaint them with available services
- o To provide training on sexual abuse and disabled persons for teachers and other professionals who serve disabled persons

The program covers: basic facts about identification of sexual assault, including reporting, victim support services, sexuality and disability, parent training, pre/post attitude tests, touch role plays, discussion starters, personal safety, assertiveness, community resources, handouts and reduced-sized posters for use in illustrating curriculum content. A one-year grant was provided by the Northwest Area Foundation to fund the program. Educational curricula were designed, as well as a brochure for persons with limited reading ability. Training was given to special education teachers and other helping professionals who work with the target population. The curriculum is planned carefully to select the appropriate sections for each target group.

Materials used: Posters, curriculum

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HE TOLD ME NOT TO TELL; TALKING TO CHILDREN/TALKING TO PARENTS ABOUT SEXUAL ASSAULT; and TOP SECRET. King County Rape Relief, 305 So. 43rd, Renton, WA 98055. Mary Ellen Stone, Director.

In 1979 King County Rape Relief (KCRR) compiled He Told Me Not to Tell, the result of discussions with women's groups in which parents were voicing their concerns about child sexual assault. The programs they have developed are based on three assumptions:

- o Children can learn effective prevention skills that do reduce risk
- o Both parents and schools have a critical role in reinforcing these skills
- o These skills can have a positive and confidence - building effect on the child's self-concept and world view

In the formative stages, KCRR worked with local organizations like the PTA, and directly with parents, encouraging them to take an active role in classroom discussions.

Groups meet once in classrooms for varying lengths of time: Kindergarten-20 minutes, 6th grade-40 minutes, for example.

The key concepts involved are:

- o Your body belongs to you, you can decide who touches you
- o It's not your fault
- o Tell someone
- o Discussion of good/bad/confusing touch and uh-oh feelings

Outlines and sample presentations are in Talking to Children/Talking to Parents...

KCRR closely allies its teaching with safety education. Since there is unanimous parental support that adult sexual contact with children is wrong and that children are not to blame, this has opened up opportunities for teaching child sexual abuse prevention even in conservative areas. A publication for adolescent girls, Top Secret, accurately and sensitively presents the complexity of the issue for this age group.

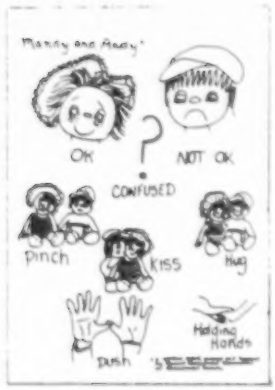
* * * * *

MANDY AND ANDY TALK ABOUT TOUCHING, uses two dolls wearing swimsuits to explain "private parts" and to create a relaxed climate with children in presenting the concepts of OK and NOT OK touches. Planned Parenthood Association of Champaign County, 314 S. Neil Street, Champaign, IL 61820 (217) 357-8022. Terry Adcock, Director of Educational Services.

This is a three-part educational effort: (1) classroom and community program for children 3-7 years in small groups; (2) parents' component with their children when available, to encourage them to reinforce at home what the children are learning in the classroom; and (3) education and training for teachers and professionals who work with children. Its goals are to give children information and skills to recognize, resist and report adult sexual advances.

The program began in 1984, funded originally by private donations. Day-care centers received the program through a special state grant from the Illinois Child Abuse Prevention fund. The fund was created through a check-off on the state income tax form to allow taxpayers to donate up to $10. Since then, over 1500 children, parents and professionals have attended the sessions in public libraries, day-care centers, public schools and professional organizations. The Champaign School District has contracted with Planned Parenthood and the Champaign county Mental Health Center to provide intensive teacher training. All K-3 classes will receive this training. Publicity for the program included a local paper (June 1984) "mini-page" feature for children with additional copies available upon request. Reprinted in over 250 papers nationwide, this component of the program has been extensively promoted.

The parents' component includes:



- o Demonstration of the Mandy and Andy approach
- o Other prevention techniques
- o Ideas on continuing at home
- o Statistics on sexual abuse(rs)
- o Signs and symptoms of sexual abuse
- o How to respond to children who say it happened to them
- o How, where and why to report sexual abuse

Similar training for nurses and school teachers exists. Many programs are coordinated with the local Counseling Institute to deal with cases of actual abuse.

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PREVENTING SEXUAL ABUSE, ACTIVITIES AND STRATEGIES FOR THOSE WORKING WITH CHILDREN AND ADOLESCENTS. Curriculum guides for K-6, 7-12 and special populations. Learning Publications, Inc., P.O. Box 1326, Homes Beach, Fl. 33509 (formerly Bridgework Theater publications.)

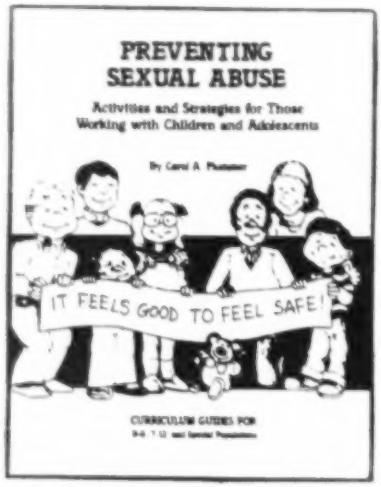
"It feels good to feel safe" is the theme of this training guide, designed for teachers, school counselors, nurses, mental health professionals, residential caretakers and recreational leaders. The goals of this program are:

- o To increase information and skills for students in recognizing child sexual abuse and avoiding or averting abusive situations
- o To identify and refer cases sensitively and appropriately to local resources

This curriculum was created in conjunction with the production of plays about sexual abuse prevention: "Out of the Trap" and "Little Bear," focusing on rural and small town Midwest populations.

Content includes:

- o Definition of the problem
- o Where to begin
- o Making a prevention program work within or outside a school system, including flowchart for program development
- o Model prevention program
- o Involving parents
- o Guidelines for instructors (know the facts, understand program goals, practice the activities, use resources for yourself/youth, and special concerns)
- o Curriculum and lesson plans K-6 for developmentally disabled: includes skill building activities, role plays, tests and sample letters; replicated for 7-12 with further exercises and case studies
- o Appendix, containing a history of the organization, description of plays and scripts, fact sheet, definitions, touch continuum (Kent), options chart, prevention skills, incest indicators, reporting, report procedures, resources such as videotaped plays and anatomically correct dolls.



Materials used: Curriculum, Bridgework Theater scripts, videotaped performances

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CAT AND MOUSE, a self-protection program that works through assertiveness training. Abuse Prevention Unit, Girls Club of Omaha, 3706 Lake Street, Omaha, NE 68111 (402) 457-5517. Kate Emmanuel, Unit Director.

During the 8-hour program, boys and girls ages 6-12 see films, participate in large and small group discussions and activities, role-play many different safe responses and PRACTICE what they have learned.

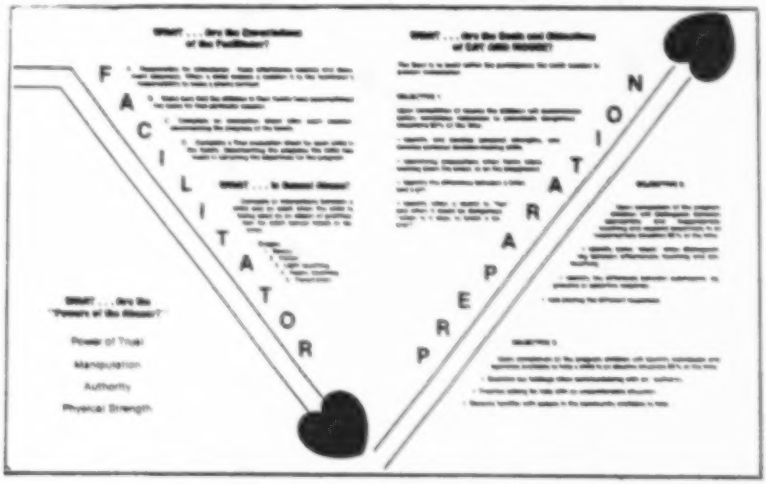
Girls Club of Omaha began development of CAT AND MOUSE in 1979 to teach children prevention skills. Parents are an important part of the program too: three hours of parents' training prepares them as volunteer facilitators to lead small groups. All parents are encouraged to attend a special orientation session offered at the first meeting.

A pre-school version of CAT AND MOUSE for ages 4-6, was developed in 1984.

CAT AND MOUSE helps children to:

- o Build confidence in their ability to protect themselves
- o Identify potentially dangerous situations and avoid them
- o Distinguish between good, bad and confusing touch, and learn assertive responses to inappropriate touching
- o Identify people in their lives they could ask for help, and practice doing so assertively

Eight-hour sessions are held either on two consecutive Saturdays or Sundays, four consecutive days, or at two-hour session each week for four weeks. Through the United Way of the Midlands geographic area, costs are $7 per child and $3 per volunteer's child, $300 for in-school contracts (serving up to 125 children;) outside the United Way area fees are $10 per child, $5 per volunteer's child and $400 per school contract plus a $2-per-child fee. The cost to Girls Club of Omaha is approximately $8-18. Funding comes from United Way, grants, private donations, program sponsorships, subsidies, such as from the Girl Scouts, PTAs, churches and business. Evaluations are completed by all volunteers, and all teachers are evaluated by the Girls Club staff. Word of mouth and brochures have publicized the program. One Spanish-speaking instructor is available. Materials include: Children's journal; facilitators guide; parents guide (June 1985)



ILLUSION THEATER. SEXUAL ABUSE PREVENTION PROGRAM, educational resources for parents and teachers. Illusion Theater, 304 No. Washington Avenue, Minneapolis, MN 55401 (612) 339-4944.

Illusion Theater, a company of performing artists working through the collaborative process, was founded in 1974. Developed with Cordelia Anderson, they use educational theater for children to create a unique fusion of social services and performance art. Prevention programs are most successful when they involve community and professional networks. Their theatrical production of "Touch" introduced the "touch continuum" (good touch, confusing touch, bad touch), and pioneered a vocabulary later adapted and incorporated into hundreds of prevention programs. In 1980 the project developed into the Illusion Theater's Sexual Abuse Prevention Program.

The Illusion Theater was selected in 1983 as "Exemplary State-of-the-Art Prevention Education Program" by the National Council for the Prevention and Control of Rape. Also, in 1982 they were awarded a one-year grant from the National Center for Child Abuse and Neglect to serve as a national clearinghouse for information and referral on child sexual abuse prevention education. In addition, in 1982 this agency funded a two-year grant for them to provide technical assistance and consultation to five other federally funded agencies to develop prevention programs and resources.

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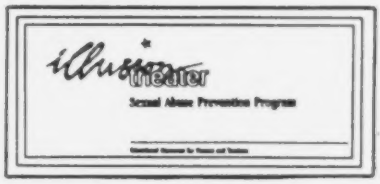
The content has been shifted from being primarily a resource in the Minneapolis public school system to reaching communities nationwide to implement prevention programs with or without use of educational theater. Training and theatrical programs are constantly expanding and changing as the theater assimilates new information on prevention education. The "Touch" production reaches elementary school age children and examines touch that is nurturing, confusing, or exploitive. The "No Easy Answers" presentation for adolescents explores sexual development, sexual abuse and protection and prevention skills. "For Adults Only", a new prevention play helps adults to look at areas where sex and violence are confused and how these attitudes perpetuate sexual abuse. Since its origin over 1800 performances and trainings have been given to over 475,000 people nationally. Their theatrical productions are available for local presentation.

Guidelines include:

- o Sexual abuse education is personal body and safety education
- o Parents often need help to communicate about this with their children
- o Always balance discussion of bad touch with good touch and stress positives
- o Children can handle balanced and clear information if adults can handle giving it to them
- o Keeping children ignorant keeps them vulnerable
- o Children must be empowered to recognize and act on their feelings
- o Sexual assault victims need assurance that it is not their fault, that the victim is not alone and there are people who will and are able to help

Materials used: "Touch" film, "No Easy Answers" film and curriculum, How to Take The First Step guide, Teaching People with Mental Retardation about Sexual Abuse Prevention guide, and "Touch and Sexual Abuse: How to Talk to Your Children" pamphlet for parents and professionals.



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THE CHILD ASSAULT PREVENTION PROJECT (CAP), a community prevention project teaching children to prevent verbal, physical and sexual assault. CAP Project National Office, P.O. Box 02084, Columbus, OH 43202 (614) 291-2540.

In 1978 in Columbus, Ohio, Women Against Rape members met to respond to a Catholic elementary school's request for a speaker after a second grader in the school had been raped. This was the start of CAP. The child's classroom teacher sought to offer both emotional support and prevention experience in teaching creative arts, social work, psychology, child development and parenting.

Grants received from the MS and Columbus foundations enabled the group to expand the program in six elementary schools, ultimately reaching over 50,000 elementary children since its inception. In 1984 CAP hosted the First National CAP Training Conference in Columbus, attended by people from thirty states and fourteen nations. There are currently 100 CAP Projects in 18 states, Canada and London.

Strategies for Free Children, A Leader's Guide to Child Assault Prevention includes:

- o A feminist analysis of prevention
- o Children's rights: the empowerment of children
- o Getting started: negotiations, funding and project administration
- o The adult workshops for parents and teachers
- o The classroom workshop for children K-6
- o Crisis intervention guidelines
- o Identification of the sexually abused child
- o The responsibilities and procedures in reporting child abuse
- o Evaluation and follow-up

We are CAP
THE CHILD ASSAULT PREVENTION PROJECT
A Community Prevention Project Teaching Children to Prevent Verbal, Physical and Sexual Assault

CAP has special features:

- o It doesn't rely on fear; rather, it takes children from fear to confidence using non-threatening language they understand
- o It is easy to replicate or adapt to community needs
- o Bilingual training and workshops are available
- o Training and workshops are available for: children with hearing impairment; children with handicaps; and preschoolers

CAP offers three-day workshops to train communities in prevention. It also offers special consultation with these aspects: 1) Problem-solving sessions to ensure that the program is tailored for specific community needs; 2) Meetings with policy-makers, to participate in sessions with school officials in gathering program support; and 3) Media appearances, to enhance community support and awareness by conducting interviews with local media.

There are three components of the CAP Project:

- o Teacher/Staff In-Service Training: Content covers an overview of child sexual assault, explanation of the children's component, identification of the sexually abused child and abusive family characteristics, crisis intervention guidelines.
- o Parent Program: an extension of the teacher's portion. It emphasizes prevention tion and communication with children, including acknowledgment of parental fears, pre-approaches, role plays and exposure to first-hand disclosures. The workshop helps parents to effectively respond to a child in crisis.
- o Classroom Workshop: (One hour) Using role plays and guided group discussion, this trains children to recognize potentially dangerous situations and to make effective use of options when dealing with those situations. CAP emphasizes self assertion, peer support, communication and reporting skills as potential prevention strategies. Children's rights are stressed, and are presented in discussion and three role plays.

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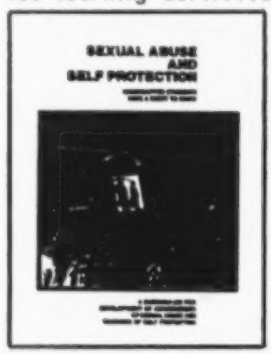
SEXUAL ABUSE AND SELF PROTECTION: HANDICAPPED STUDENTS HAVE A RIGHT TO KNOW, a curriculum for development of awareness of sexual abuse and teaching self-protection. Comprehensive Health Education Foundation (CHEF), 20832 Pacific Highway South, Seattle, WA 98188 (206) 824-2907.

This is an organized, comprehensive approach to education about sexual exploitation of both males and females for all grade levels. It was developed by an interdisciplinary team of special educators and sexual abuse treatment specialists. Its flexible materials can be used in small or large groups at school and involve parents. Special instructions are included for use with physically or sensory disabled and language delayed students. The curriculum materials are intended for use throughout the entire school year and can be used simultaneously by two or three teachers.

The core of the curriculum is the Teachers' Guide containing 16 units with over 100 learning activities and resouces for parents and teachers:



- Lesson plans include learning objectives, special lesson procedures and identification of learning materials
- A written narrative (including scripts to guide the instructor in using filmstrips, stories and role play practice situations)
- Lessons include pre/post-tests to measure students' progress towards mastery of self-protection skills

The two self-contained kits I and II assist (1) elementary level students ages 6-11 to: develop an awareness of themselves and others; begin to identify relationships; develop decision-making, self-protection and assertiveness skills and specific methods of reporting sexual exploitation; and (2) secondary level students ages 12-14 and adults to: explore the range of potentially exploitive situations and offer reinforcement; take part in exercises in social situations; recognize sexual exploitation by authority figures; and acquire skills in dealing with obscene phone calls and indecent exposure.

Also available is an audio casette with ten story situations including education for travel or home safety or social occurrences. Tapes can be stopped for discussion and are useful with learning or visually impaired students. Extensive evaluation information is available, (as is the recommended teacher training prior to implementation) through the Seattle Rape Relief Developmentally Disabled Project. They can be reached at (206) 325-5531. Kit I may be purchased for $125, Kit II for $495. Supplemental materials are also available.

Materials used: Kit I and II, with filmstrips, body maps, parent information pamphlets, curriculum pamphlets

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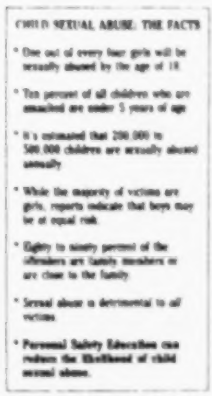
PEOPLE AGAINST SEXUAL ABUSE, INC. (PASA); a not-for-profit agency whose goal is to help people reduce the likelihood that they or someone they love will be sexually abused. P.A.S.A., GPO Box 2832, Brooklyn, NY 11202 (718) 834-9467. Kathy Dee Zasloff, Executive Director.

Established in early 1984, PASA concentrates its efforts in risk reduction education workshops for children, teens and adults. Workshops are offered for school children, women's groups, religious ogranizations, civic groups and PTAs. Especially significant is their work in sensitivity training for the New York City Police Department. Among its aims are to help coordinate existing services, avoid duplication of services and make referrals.

PASA services include:


CHILD SEXUAL ABUSE: THE FACTS

- One out of every four girls will be sexually abused by the age of 18.
- Ten percent of all children who are assaulted are under 5 years of age.
- It is estimated that 200,000 to 500,000 children are sexually abused annually.
- While the majority of victims are girls, reports indicate that boys may be at equal risk.
- Eighty to ninety percent of the offenders are family members or are close to the family.
- Sexual abuse is detrimental to all victims.
- Personal Safety Education can reduce the likelihood of child sexual abuse.

- The Speakers' Bureau, comprised of a man-woman team who present skills-oriented training on sensitive issues. Topics include teaching personal safety, personal safety workshops for youth, adolescent dating dilemmas, media viewing skills, the teacher's role in sexual abuse risk reduction education, professional staff training and law enforcement and sensitivity programs
- A free information service for the community
- A networking service which identifies and investigates existing services/groups and finds appropriate referral agencies and individuals for counseling and therapy
- A newsletter with articles and feature stories

The other major teaching area is the PASA Communivision Workshop, a media viewing skills concept developed by David Lloyd Green, MSW. This process encourages families to view television together at home and to discuss

their experience, thus enhancing parent-child communication about sexuality and about their concerns evoked from the TV programming.

Any form of media such as print ads, can also be used as the indirect catalyst to promote insights and discussions. PASA believes there are certain media messages which:

- o Promote stereotypical behaviors
- o Condone exploitive and manipulative actions of children by adults
- o Reinforce the concepts that children have no rights and are therefore particularly vulnerable to child sexual abuse.

Materials used: Pamphlets and brochures.

OTHER IMPORTANT RESOURCES FOR PROGRAMS AND MATERIALS:

(Courtesy of SIECUS REPORT September 1984)

*American Medical Association
P.O. Box 10946
Chicago, IL 60610

Bridgework Theater
113 1/2 E. Lincoln Street #3
Goshen, IN 46520

Carver City Program for Victims
of Sexual Assault
401 E. 4 Street
Chaska, MN 55318

Children and Youth Services
601 Rosenwald Street
Burlington, NC 27215

Committee for Children
P.O. Box 15190
Seattle, WA 98115

Council on Child Abuse
P.O. Box 1357
Tacoma, WA 98401

Director of Counseling Services
Southwest State University
Marshall, MN 56258

ED-U Press
P.O. Box 583
Fayetteville, NY 13066

*Family Resource Coalition
230 No. Michigan Avenue
Suite 1625
Chicago, IL 60601

Family Service Association of America
44 East 23 Street
New York, NY 10010

Illusion Theater
Sexual Abuse Prevention Program
304 Washington Avenue No.
Minneapolis, MN 55401

Impact Publishers
P.O. Box 1094
San Luis Obispo, CA 93406

Intrepid Clearing House
(Women Against Rape)
P.O. Box 02084
Columbus, OH 43202

Kidsrights
P.O. Box 851
Mount Dora, FL 32757

*National Center on Child
Abuse and Neglect
P.O. Box 1182
Washington, D.C. 20013

Network Publications
ETR Associates
P.O. Box 8506
Santa Cruz, CA 95061-8506

Northern Adirondack Planned Parenthood
66 Brinkerhoff Street
Plattsburgh, NY 12901

Parents Center
530 Soquel Avenue
Santa Cruz, CA 95062

Pierce Country Rape Relief
Allenmore Medical Center
Suite B2002
So. 19th and Union
Tacoma, WA 98405

Pilgrim Press
132 W. 31st Street
New York, NY 10001

*Planned Parenthood of Bergen
County
The Center for Family Life
Education
575 Main Street
Hackensack, NJ 07601

*Planned Parenthood of
Cincinnati, Inc.
2406 Auburn Avenue
Cincinnati, OH 45219

*Planned Parenthood of Niagara
County, Inc.
Haeberle Plaza/Pine Avenue
and Portage Road
Niagara Falls, NY 14301

*Planned Parenthood of Rochester
and Monroe Counties, Inc.
24 Windsor Street
Rochester, NY 14605

Planned Parenthood of Seattle-
King County
2211 East Madison
Seattle, WA 91201

*Planned Parenthood of Spokane
West 521 Garland Avenue
Spokane, WA 99205

*Planned Parenthood Center
of Syracuse
1120 E. Genesee Street
Syracuse, NY 13210

*Project Two
P.O. Box 2163
Edison, NJ 08818

*Safety and Fitness Exchange (SAFE)
541 Avenue of the Americas
New York, NY 10011

State Documents Center
117 University Avenue
St. Paul, MN 55155

(*Not from SIECUS REPORT)
7/85

Tactile Media for Sexuality
Education
Reference Sheet #6
Planned Parenthood Federation
of America
Education Department
810 Seventh Avenue
New York, NY 10019

Take Care With Yourself
915 Maxine
Flint, MI 48503

*WTTW/Chicago
5400 North St. Louis Avenue
Chicago, IL 60625

*Women Against Rape
P.O. Box 02084
Columbus, OH 43202

(*Not from SIECUS REPORT)
7/85